

# Voluntary fasting and Non obligatory supererogatory Fasting

Definition of Non-obligatory (Voluntary) Fasting

Non-obligatory (supererogatory) Fasting

These include all forms of optional fasts that are performed in order to be closer to Allah, the Exalted

Supererogatory fasts comprise great virtues and magnificent rewards. In a Qudsi hadeeth said: "Indeed every righteous deed by the son of ﷺ reported by Abu Hurayrah, the Prophet Adam is rewarded from ten to seven hundred times, but Allah Almighty says: 'Fasting is an exception. This is because it is for Me and I shall reward (the one who fasts) accordingly.'" [Agreed upon.]

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